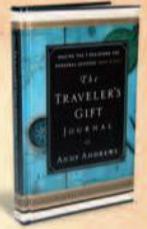


Decision 5:



The Joyful Decision

Today, I Will Choose to be Happy.

Beginning this very moment, I am a happy person, for I now truly understand the concept of happiness. Few others before me have been able to grasp the truth of the physical law that enables one to live happily every day. I know now that happiness is not an emotional phantom floating in and out of my life. Happiness is a choice. Happiness is the end result of certain thoughts and activities, which actually bring about a chemical reaction in my body. This reaction results in a euphoria, which, while elusive to some, is totally under my control.

Today I will choose to be happy. I will greet each day with laughter. Within moments of awakening, I will laugh for seven seconds. After even such a small period of time, excitement has begun to flow through my bloodstream. I feel different. I am different! I am enthusiastic about the day. I am alert to its possibilities. I am happy! Laughter is an outward expression of enthusiasm, and I know that enthusiasm is the fuel that moves the world. I laugh throughout the day. I laugh while I am alone, and I laugh in conversation with others. People are drawn to me because I have laughter in my heart. The world belongs to the enthusiastic for people will follow them anywhere!

Today I will choose to be happy. I will smile at every person I meet. My smile has become my calling card. It is, after all, the most potent weapon I possess. My smile has the strength to forge bonds, break ice, and calm storms. I will use my smile constantly. Because of my smile, the people with whom I come in contact on a daily basis will choose to further my causes and follow my leadership. I will always smile first. That particular display of a good attitude will tell others what I expect in return. My smile is the key to my emotional make up. A wise man once said, "I do not sing because I am happy; I am happy because I sing!" When I choose to smile, I become the master of my emotions. Discouragement, despair, frustration, and fear will always wither when confronted by my smile. The power of who I am is displayed when I smile.

Today I will choose to be happy. I am the possessor of a grateful spirit. In the past, I have found discouragement in particular situations, until I compared the condition of my life to others less fortunate. Just as a fresh breeze cleans smoke from the air, so does a grateful spirit remove the cloud of despair. It is impossible for the seeds of depression to take root in a thankful heart. My God has bestowed upon me many gifts, and for these I will remember to be grateful. Too many times I have offered up the prayers of a beggar, always asking for more and forgetting my thanks. I do not wish to be seen as a greedy child, unappreciative, and disrespectful. I am grateful for sight and sound and breath. If ever in my life there is a pouring out of blessings beyond that, then I will be grateful for the miracle of abundance.

I will greet each day with laughter. I will smile at every person I meet. I am the possessor of a grateful spirit.

TODAY, I WILL CHOOSE TO BE HAPPY.